

This listing of claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claim 1        (amended)     An exercise device, comprising:  
  
                                 a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connected through a first pivot for forward and backward movement relative to said supporting member and being pivotably connectable through a second pivot to a free weight, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported; whereby

                                 free weights may be attached to said free weight connecting member and supported by said supporting member until used by a weightlifter.

Claim 2        (original)        An exercise device as set forth in Claim 1, further comprising:  
  
                                 a vertical attachment member being adaptable to be

slidably and selectably attachable to a vertical support, said vertical attachment member coupled to said supporting members.

Claim 3 (original) An exercise device as set forth in Claim 1, further comprising:

a vertical post, said vertical post coupled to said horizontal supporting member and serving to support said supporting member, said vertical post adapted to fit to a weight stand; whereby

the exercise device may be supported by said weight stand and said weight stand may be retrofit by the exercise device.

Claim 4 (original) An exercise device as set forth in Claim 2, wherein said vertical attachment member is attachable to said vertical support by means selected from the group consisting of:

said vertical attachment member defining a hole through which a pin may pass to secure said vertical attachment member to said vertical support;

an adjustable set screw selectably fixing said vertical attachment member to said vertical support; and

a clamp selectably fixing said vertical attachment member to said vertical support.

Claim 5 (original) An exercise device as set forth in Claim 2, further comprising:

said free weight connecting member having a free end connectable to said free weight and a fixed end pivotably coupled to said vertical attachment member; whereby

a free weight connected to said free end is free to move vertically about said pivotable fixed end.

Claim 6 (original) An exercise device as set forth in Claim 4, further comprising:

a counterweight coupled to and counterbalancing said vertical attachment member.

Claim 7 (original) An exercise device as set forth in Claim 6, further comprising:

said counterweight traveling through said vertical support;

and

said counterweight defining a slot, said pin traveling through said slot when said counterweight travels past said pin.

Claim 8 (amended) An exercise device as set forth in Claim [6]24, further comprising:

said counterweight comprising a weight coupled to said vertical support, said counterweight selectably coupled to said vertical attachment member by a crossbar, said crossbar usable by a weightlifter for exercise.

Claim 9 (amended) An exercise device as set forth in Claim 1, further comprising:

said supporting member being a horizontal supporting member supporting said free weight connecting member at a height sufficient to allow a maximal lift distance for said weightlifter of said free weights, [said]the height sufficient to allow a minimal descent distance of hands of said weightlifter upon disengaging said free weights.

Claim 10 (original) An exercise device as set forth in Claim 9, further comprising:

said horizontal supporting member performing as a mechanical spotter enabling said weightlifter to disengage said free weights without letting said free weights drop.

Claim 11 (amended) An exercise device as set forth in Claim 9, further comprising:

[said]the height being approximately equal to a height of shoulders of said weightlifter.

Claim 12 (amended) An exercise device as set forth in Claim 1, further comprising:

a free weight connecting system including a vertical attachment member attached to said free weight connecting member.

Claim 13 (original) An exercise device as set forth in Claim 12, wherein said free weight connecting system further comprises:

an extending member extending outwardly and rearwardly from said vertical attachment member.

Claim 14 (original) An exercise device as set forth in Claim 12, wherein said free weight connecting system further comprises:

a vertical coupling member pivotably coupled to said extending member and pivotably coupled to said free weight connecting member, said vertical coupling member pivotable in a generally horizontal direction.

Claim 15 (amended) An exercise device as set forth in Claim [14]25, wherein said free weight connecting system further comprises:

a stop attached to said extending member and preventing forward movement of said free weight connecting member by limiting pivoting movement of said vertical coupling member.

Claim 16 (original) An exercise device as set forth in Claim 1, further comprising:

a free weight clamp pivotably coupled to said free weight connecting member.

Claim 17 (original) An exercise device as set forth in Claim 16, wherein said free weight clamp further comprises:

first and second forks respectively defining first and second parallel slots, said first fork spaced apart from and parallel to said second fork;

a pivotable coupling coupled to said first and second forks, said pivotable coupling attachable to said free weight connecting member and providing a pivotable connection between said pivotable coupling and said free weight connecting member; and

first and second free weight retaining members pivotably

and respectively coupled to said free weight clamp generally adjacent said first and second forks, said first and second free weight retaining members capable of retaining a free weight held by said first and second forks by preventing extraction of said free weight from said first and second forks until said first and second free weight retaining members are pivoted away from said first and second forks; whereby

said free weight may be removably attached to said free weight clamp, said free weight clamp holding said free weight until selectably released from said free weight clamp to prevent said free weight clamp from dropping said free weight.

Claim 18      (Original)      An exercise device, comprising:

                         a vertical attachment member;

                         an extending member extending outwardly and rearwardly from said vertical attachment member;

                         a vertical coupling member pivotably coupled to said extending member

                         a free weight connecting system including a free weight connecting member coupled to said extending member by said vertical coupling member and pivotably coupled to said free weight connecting member;

a free weight clamp pivotably coupled to said free weight connecting member, said free weight clamp having:

first and second forks respectively defining first and second parallel slots, said first fork spaced apart from and parallel to said second fork;

a pivotable coupling coupled to said first and second forks, said pivotable coupling attached to said free weight connecting member and providing a pivotable connection between said first and second forks and said free weight connecting member; and

first and second free weight retaining members pivotably and respectively coupled to said free weight clamp generally adjacent said first and second forks, said first and second free weight retaining members capable of retaining a free weight held by said first and second forks by preventing extraction of said free weight from said first and second forks until said first and second free weight retaining members are pivoted away from said first and second forks; so that

said free weight may be removably attached to said free weight clamp, said free weight clamp holding said free weight until selectably released from said free weight clamp to prevent said free weight clamp from dropping said free weight;

a stop attached to said extending member and preventing



forward movement of said vertical coupling member by limiting pivoting movement of said vertical coupling member; and

a horizontal supporting member attached to said vertical attachment member, said horizontal supporting member supporting said free weight connecting member at a height sufficient to allow a lift distance for a weightlifter of said free weight, said height sufficient to allow a descent distance for a hand of said weightlifter upon disengaging said free weight, said horizontal supporting member performing as a mechanical spotter enabling said weightlifter to disengage said free weight without letting said free weight drop, said height being approximately equal to a height of shoulders of said weightlifter, said free weight connecting member resting upon said horizontal supporting member when said free weight connecting member is otherwise not supported; whereby

said free weight may be attached to said free weight clamp and supported by said horizontal supporting member until used by said weightlifter, said horizontal supporting member allowing said weightlifter to freely lift said free weight upwardly and away from said horizontal supporting member and to readily and easily disengage said free weight by resting said free weight connecting member upon said horizontal supporting member.



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Claim 19 (original) An exercise device as set forth in Claim 18, further comprising:

said vertical attachment member being adaptable to be slidably and selectably attachable to a vertical support, said vertical attachment member defining a hole through which a pin may pass to secure said vertical attachment member to said vertical support.

Claim 20 (original) An exercise device as set forth in Claim 18, further comprising:

a vertical post, said vertical post coupled to said horizontal supporting member and serving to support said horizontal member, said vertical post adapted to fit to a weight stand; whereby the exercise device may be supported by said weight stand and said weight stand may be retrofit by the exercise device.

Claim 21 (original) An exercise device, comprising:

a frame; and  
a first freeweight connecting member assembly operatively coupled to said frame, said first freeweight connecting member pivotably connectable to a first free weight and adapted to rest upon stop means operatively supporting said first freeweight connecting member; whereby

a freeweight may be supported by the exercise device for use by a weightlifter.

Claim 22 (original) An exercise device as set forth in Claim 21, wherein said frame further comprises:

a vertical support, said vertical support being vertically adjustable; and

a vertical coupling member, said vertical coupling member pivotably coupling said first freeweight connecting member assembly to said vertical support.

Claim 23 (original) An exercise device as set forth in Claim 21, further comprising:

a horizontal support, said horizontal support being said stop means; and

a vertical post supporting said horizontal support, said vertical post being vertically adjustable, said vertical post aligned with said frame.

Claim 24. (new) An exercise device, comprising:

a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connectable to a free weight, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported;

a vertical attachment member being adaptable to be slidably and selectably attachable to a vertical support, said vertical attachment member coupled to said supporting members;

a vertical post, said vertical post coupled to said horizontal supporting member and serving to support said supporting member, said vertical post adapted to fit to a weight stand; whereby

the exercise device may be supported by said weight stand and said weight stand may be retrofit by the exercise device;

said vertical attachment member is attachable to said vertical support by means selected from the group consisting of;

said vertical attachment member defining a hole through which a pin may pass to secure said vertical attachment member to said vertical support;

an adjustable set screw selectably fixing said vertical attachment member to said vertical support; and

a clamp selectably fixing said vertical attachment member  
to said vertical support;

said free weight connecting member having a free end  
connectable to said free weight and a fixed end pivotably coupled to said  
vertical attachment member; whereby

a free weight connected to said free end is free to move  
vertically about said pivotable fixed end;

a counterweight coupled to and counterbalancing said  
vertical attachment member;

said counterweight traveling through said vertical support;  
and

said counterweight defining a slot, said pin traveling  
through said slot when said counterweight travels past said pin whereby

free weights may be attached to said free weight  
connecting member and supported by said supporting member until used  
by a weightlifter.

Claim 25 (new) An exercise device comprising:

a free weight connecting member adapted to be supported  
from a supporting member having a horizontal stop, said free weight  
connecting member being pivotably connectable to a free weight, said

free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported;

a free weight connecting system including said free weight connecting member, said free weight connecting system further comprises;

an extending member extending outwardly and rearwardly from said vertical attachment member, said free weight connecting system further comprises;

a vertical coupling member pivotably coupled to said extending member and pivotably coupled to said free weight connecting member, said vertical coupling member pivotable in a generally horizontal direction whereby;

free weights may be attached to said free weight connecting member and supported by said supporting member until used by a weightlifter.

Claim 26 (new) An exercise device comprising:

a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connectable to a free weight, said

free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported;

a free weight clamp pivotably coupled to said free weight connecting member, said free weight clamp further comprises:

first and second forks respectively defining first and second parallel slots, said first fork spaced apart from and parallel to said second fork;

a pivotable coupling coupled to said first and second forks, said pivotable coupling attachable to said free weight connecting member and providing a pivotable connection between said pivotable coupling and said free weight connecting member; and

first and second free weight retaining members pivotably and respectively coupled to said free weight clamp generally adjacent said first and second forks, said first and second free weight retaining members capable of retaining a free weight held by said first and second forks by preventing extraction of said free weight from said first and second forks until said first and second free weight retaining members are pivoted away from said first and second forks; whereby

said free weight may be removably attached to said free weight clamp, said free weight clamp holding said free weight until

selectably released from said free weight clamp to prevent said free weight clamp from dropping said free weight, whereby  
free weights may be attached to said free weight connecting member and supported by said supporting member until used by a weightlifter.

Claim 27      (new)      An exercise device, comprising:  
a free weight connecting member adapted to be supported from a supporting member having a horizontal stop, said free weight connecting member being pivotably connectable to a free weight, said free weight connecting member being adaptable to rest upon said horizontal stop of said supporting member when said free weight connecting member is otherwise not supported said free weight connecting member being pivotably connected to a vertical coupling member;  
a vertical attachment member being adaptable to be slidably and selectably attachable to a vertical support, said vertical attachment member coupled to said supporting members;  
a vertical post, said vertical post coupled to said horizontal supporting member and serving to support said supporting member, said vertical post adapted to fit to a weight stand; whereby



the exercise device may be supported by said weight stand  
and said weight stand may be retrofit by the exercise device; whereby  
free weights may be attached to said free weight  
connecting member and supported by said supporting member until used  
by a weightlifter.